

Food
Preparation/Fruit and
Title: Vegetables Subject/Course: **Pro Start**

Select, store, prepare
and serve fruits and
Topic: vegetables Grade (s): 9-12 Designer (s) Ilene Lerseth, Kathy Engst, Joline Dunbar, Cindy Gerlach, and Dean Allerdings

Stage 1: Desired Results

Core Standard(s):

1PS 8.3 Demonstrate the ability to select, store, prepare and serve aesthetically pleasing fruits and vegetables.

Understandings: Students will understand that....

Selection, storage, preparation and serving of food all contribute to the quality of the end product.

Essential Question(s):

What factors should be considered when purchasing produce?

How does the quality of produce affect customer satisfaction?

How is the quality of prepared produce affected by the process of selection and storage?

Students will know....

*how to identify the various types of fruits and vegetables (ex: Fruit-drupes, pomes, tropical; Vegetables – roots, tubers, seeds)
*the characteristics of quality fruits and vegetables and appropriate storage and cooking methods.

Student will be able to

*select quality fruits and vegetables.
*prepare fruits and vegetables using proper cooking methods.

Stage2: Assessment Evidence

What evidence will show that students understand?

x Performance Task

Project

x Quizzes

x Tests

x Informal Observation

x Discussions

Interviews

x Self-Assessment

Other Demonstrations

Stage 3: Learning Plan

Motivation – Introduce and Explain

1. Provide a variety of fruits and vegetables for sampling and see how many the students can identify by taste. (could be done with blindfolds)

Model:

2. Lecture/discussion on fruits and vegetables.

- MyPyramid.gov – go through the different colors of fruits and vegetables and nutritional value

<http://agbiopubs.sdstate.edu/articles/FS942.pdf>

2. Field trip – visit a produce department at a grocery store. Have the produce manager speak to the students.

Guided Practice:

3. Identify fruits according to season.

3. Identify vegetables according to part of the plant.

Independently Practice:

4. Fruits and vegetables vocabulary activity: Quia – quia.com/jw/250773.html

Reflection/Assessment:

5. Fruit lab

5. Vegetable lab

5. Test

Classroom Implementation Suggestions

Unit of Instruction and Resources

(Steps of instruction to gain big understandings and answer essential questions)

1. Sampling activity: have fruits and vegetables cut up before class. As students arrive have them separate into groups of two. Give each group a plate of cut up fruits and vegetables to taste, (you may blind fold them if you wish). They should write down their guesses on a sheet of paper.

2. Lecture and discussion on fruits and vegetables.

Field trip to the grocery store. Produced manager speaker.

3. Identify fruits to growing season and location – have large sheets up identified with winter, summer and tropical. Students will match fruits to the correct chart. You can find pictures of fruits, write names of fruits on post its, etc.

Vegetable identification – have sheets around the room labeled – tubers, roots, seeds, stems, flowers, fruit, leaf. Students will find pictures of vegetables and place on the correct sheet.

4. Review activity: students will complete the quia activity.

5. Unit Assessment

Fruit lab

Vegetable lab

Test